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Banner News

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From 2 to 4

Transfer program smooths college-to-university path

By Megan Olson
Contributing Writer

Students in the Admissions Partnership Program (APP) can enjoy the perks of a university while attending classes at a community college.

"I like the program because it is an awesome opportunity for community college students. It helps you get your foot in the door of a big university while still saving money by attending a junior college first," says Amy Strandell, a student who is taking classes at Boone/DMACC and is in the APP with Iowa State University.

The program's developers originally expected up to 25 students in its first year, which was 2006; they ended up with 50. More than eight years later, 600 students are in the program.

Out of those 600, there are 485 taking classes through the program at DMACC campuses. Of the 485 DMACC students, 190 in the program go to the Boone campus. The other 115 go to other



Amy Strandell



Hannah Brenneman

community colleges around Iowa. APP is involved with all community colleges in Iowa.

"There are some amazing things in this program," says Shelby Hildreth, DMACC academic advisor. "It is unique and great."

The concept for APP – allowing students to be a part of their chosen transfer institution campus while taking classes at a community college -- originated at Iowa State University with DMACC. Both campuses agreed it would be a good program to help with transfer shock. Transfer shock is the tendency of students to transfer from one school to another and have a decline in grades for the first semester at the new school. With APP the student is already getting comfortable at the

school they will be transferring to while they are taking classes at their current school.

Other universities also have the program now. For example, UNI has the APP program along with University of Iowa. At Iowa it is called the 2-plus-2 program.

Using the Iowa State University APP as an example, benefits include guaranteed admission to Iowa State University, provided all requirements are met, personalized mentoring and academic advising, degree planning for timely graduation, access to Iowa State University housing, libraries, career exploration, extracurricular activities, and more, and an ISU-Card and an email account.

In the opinion of Eric Merten with the Office of Admissions at ISU, the greatest thing about APP is having an academic advisor at DMACC and Iowa State. This allows students to check with both schools to make sure they are on the path they want to be.

See APP, page 4



Photo by Lester Mwirichia/Banner News

BioLife Assistant Manager Omar Mancini stands in the donation room at the plasma center in Ames.

Dough for donations

Giving plasma gives students access to cash

By Lester K. Mwirichia
Staff Writer

Iowa State engineering student Jonathan Kline has been able to tap in to extra cash flow by exchanging fluids for funds.

"I have donated more than 100 times in the past two years since I found out about BioLife," Kline said. He also mentioned that being an independent young man, BioLife has helped him pay some bills, because he doesn't always like asking his par-



Jonathan Kline

ents for money.

BioLife Plasma Services is a plasma donation center in Ames. When first donating, a donor earns \$20. At the second donation, a donor earns \$40 if it is within a 30-day period. After that, all other donations are \$25.

BioLife also offers specials. For example, if you refer a friend you can receive an extra \$10 in your next donation. Donors can donate up to two times in a seven-day period, with a day of rest between donations.

Plasma makes up approximately 57 percent of the whole blood

See PLASMA, page 3

'Boots' brings crowd to Boone

The inaugural "In My Boots" 5K Run, Walk, Ruck drew more than 240 participants on Saturday, April 19, at McHose Park in Boone. The event raised more than \$7,500. Proceeds will to the Wounded Warrior Project. Results are available at http://www.theopenroadchiptiming.com/In_My_Boots_5k_Results.htm.



Photo by Jan LaVille

what you said...

What will you remember about this school year?

Abigail Judson



"DMACC entertainment and free pasta."

Hannah Swafford



"Hitting my first homerun against Indian Hills."

Derrick Hinton



"Living in student housing and meeting new people."

Cassidy Shreve



"Meeting new people."

Taylor Schneider



"Learning a lot about my major and getting hands-on experience."

DMACC Boone Campus Commencement

May 9, 2014

Key: *Honors (3.5 GPA and above)
+Fall Graduate

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BANNER NEWS Spring 2014

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PBL students compete

Nine students competed in the Phi Beta Lambda Spring Leadership Conference at Upper Iowa University in Fayette, Iowa. The conference included students from all across Iowa, as well as South Dakota and Minnesota. Most participants were from four year colleges and universities. Congratulations to Zach Kowalik, Andrea Anderson, Cainon Leeds, Erin Self, Abi Perin, Ariel Zaruba, Demonte Jackson, Majok Akoon and Chris Shannon on their hard work preparing for and participating in the competition. Many placed in the top five or six at the competition. To qualify for Nationals, the students must place first or second (or in limited categories third). Six students qualified for the National Leadership Conference in Nashville, Tenn., this June.

Additional congratulations to:

Zach Kowalik

- 1st Place – Future Business Executive
- 2nd Place – Economic Analysis and Decision Making
- 3rd Place – Personal Finance

Andrea Anderson

- 1st Place – Management Analysis and Decision Making

Cainon Leeds

- 1st Place – Small Business Management Plan
- 2nd Place – Entrepreneurship Concepts
- 3rd Place – Macroeconomic

Erin Self

- 3rd Place – Networking Concepts
- 3rd Place – Justice Administration

Abi Perin, Ariel Zaruba and Andrea Anderson (Team)

- 2nd Place – Business Ethics

Raffle winners announced

Thank you to everyone who purchased raffle tickets for the iPad and the \$50 Target gift card. The members of PBL appreciate your continued support. The drawing was held at 10:30 a.m. on Wednesday, April 16, in the Courter Center. The winner of the iPad was Kelsey Ray. Arlene Hatch won the \$50 gift card.

Class visits D.C.

Submitted article

DMACC's BUS 109 class recently visited our nation's capital in Washington D.C. Students were vetted to view a live Supreme Court hearing by addressing case-specific assignments leading up to it. "The coursework was extremely helpful ... to understand the case," said Andrea Anderson one of the students who attended.

Parlaying academic coursework into a real-life experience is a holistic educational approach akin to ivy-league pedagogy, but DMACC students get it for a bargain. The cost of the trip is built into the tuition for the class, which makes it affordable for everyone.

"[Instructors] Chris and Susan did an awesome job getting the trip organized," said Erin Self, another student who took the class and attended the trip.

Besides attending the Supreme Court hearing, the students got to experience many of the charms of Washington D.C. One of them was a meeting with Iowa Sen. Chuck Grassley.

One of the favorite events on the trip was a hop-on-hop-off bus tour that went all over the city, "My



favorite part of the trip was definitely the sight-seeing," said Andrea. Included in the tour was a trip to Arlington Cemetery where the students witnessed the meticulous Changing of the Guard routine.

Students gave credence to instructors Susan Mitchell and Chris Moon for the trip. One of the students exclaimed, "I was able to have an experience of a lifetime!"

The Washington D.C. trip is a great example of DMACC's commitment to providing students with world-class opportunities while maintaining a value initiative. Anyone interested in taking the class can contact Instructor Chris Moon.

Plasma used to treat disorders

PLASMA, from page 1

and consists of primarily water and proteins, which help the body control bleeding and infections. Plasma is a pale yellow liquid portion of the blood that can be replaced by the body. It functions as an aid in the circulation of the red

and white blood cells.

DMACC student Ashley Ahrens, who works part time in the medical/surgical department at Mary Green Medical center in Ames, said, that she finds BioLife important, because they do a lot of blood transfusions at the hospital and a majority of that comes from BioLife donors around the state.

Ahrens said, "Plasma is important for a good and healthy body."

Unlike donating whole blood, which is a process of approximately 10-15 minutes where all components of the blood are collected in a pint size bag, plasma is collected through a process called Plasmapheresis. In this process, the whole blood is drawn from the body then separated in to plasma and other whole blood elements using a sterile system. This process takes 30-45 minutes. BioLife recommends that donors eat a full meal one hour before donating, along with hydrating the day before and of donating in order for a successful donation.

BioLife Plasma Services, is an industry in the collection of high quality plasma that is processed into life-saving plasma-based therapies.

DMACC freshman Rachel McPherson said, "I heard about BioLife through some friends at Iowa State. They told me I can donate for people who need plasma and BioLife will pay me for my donation."

Plasma donated is used to help patients with disorders like Immune Thrombocytopenic, CVID, and Hemophilia. BioLife operates and maintains a number of state-of-the-art facilities all over the United States and collects about three million liters of plasma per year, according to the company.

Before a donor is accepted in to BioLife, he/she must first pass a medical examination and a survey of their medical history. A donor must also return for a second donation with in six months, before their plasma is considered for use.

The closest location near Boone IA, is, 1618 Golden Aspen Dr, Ames IA 50010. A donor can make an appointment on line at WWW.BioLifePlasma.com or they also accept walk-in's. BioLife is open six days a week, Monday 10:00 a.m. through 7:30 p.m. Tuesday through Friday 5:30 a.m. through 8 p.m. and Saturday 7 a.m. through 6 p.m.

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Celebrating Valree Mae Blewett-Dickson 1954-2014



This special section celebrates the life of full-time nursing instructor Valree Blewett-Dickson, 59, of Ames, who died at her home on Tues., March 18. She had taught at the DMACC Boone Campus since 1992.

Val enjoyed being involved in the teaching and clinical side of nursing. She worked in ICU/CCU at Iowa Methodist Hospital in Des Moines from 1986-1991. She then started her career as a nursing instructor at DMACC in 1992 while concurrently working as a PRN at Mary Greeley Medical Center. She resigned at Mary Greeley Medical Center in 2012 to devote more time to her pursuit of

a Doctorate of Nursing Practice at Allen College while continuing to educate the next generation of nurses at the DMACC Boone Campus.

Val is survived by her husband Jim, their children Mackenzie Joy and Nolan Lloyd Dickson all of Ames, sisters Vivian (Stan) Brandmeyer of Versailles, MO, and Brenda Westvold of Clive, IA, and nephews Mike Brandmeyer and his family, Brent Brandmeyer and his family, Nic Westvold and his family, and Jason Westvold and his family. She was preceded in death by her parents.

-from Grandon Funeral and Cremation Care

Valree taught in the DMACC Nursing Program for over 20 years. Her passion was cardiac nursing and there wasn't a question she couldn't answer about the heart. She held high expectations for the students and was known for her in-depth questioning at the bedside...but she also shared her extensive knowledge with the students and her colleagues. Val always orchestrated the nursing pinning ceremony and highly enjoyed shaking hands with the students as they received their nursing pin at graduation time, and then leading the recitation of the Nightingale Pledge.

Val was highly organized, and came prepared for the meeting or conversation topic. Her files and folders were neatly organized and always in their place. She kept pictures of her two children, Nolan and Mackenzie, displayed in their latest sport or band uniform and didn't miss a game if she could help it.

The pictures below are from years past, as Val didn't enjoy being in front of the camera.

She is deeply missed by all in Nursing Department at Boone and district-wide, and by the Boone Campus Family.

**by Connie Booth, MSN, RN, CNE
Boone Nursing Program Chair**

Val was a great educator and mentor who will be missed by many. When I came to DMACC, she (as well as many other nursing faculty and staff) offered me a lot of advice and support. Val challenged the students, and although they may not have appreciated it at the time, I am sure if you ask any graduate they could tell you how appreciative they are to have had her instruction now that they are practicing on their own. I will miss her stories about education and her family, her compassion for nursing education, and most of all her contagious laugh.

**by Natalia Thilges, MSN, RN,
DMACC Nursing Instructor**

Val was very dedicated to the profession of nursing. Val was passionate about providing excellent nursing care to all patients and teaching students to do the same. Val practiced as a nurse along with teaching for a very long time. Val impacted a lot of lives and she will be missed.

**by Janelle Tungesvik, MSN, BSN,
Instructor of Nursing, DMACC**



Partnership program opens doors to housing, clubs

APP, from page 1

"The only disadvantage about this program is if the students do not use their provided advisors," says Merten.

Hildreth agrees that having two advisors is one of the best aspects of the program, along with the reduction of transfer shock.

The program appears to be helping smooth the way as students go from attending a community college to a university. "The APP students transferring actually have a higher grade point average than the other students their first semester," Merten said, according to his records.

Strandell says she considers having two advisors as an advantage, and she also likes that she can be in clubs at Iowa State and can use the gym facilities. She lives at The Grove, which is near Iowa State's campus. She also finds living near the Iowa State campus gets her comfortable with the area, making it seem like less of a transfer when she starts at-

tending Iowa State.

The only downfall she said is driving from Ames to Boone everyday for class. "It gets tiring and expensive with gas, but I am saving more money by going to DMACC for two years."

Another APP student living in Ames and driving to Boone every day is Hannah Brenneman.

Brenneman is involved with both campuses. Five days out of her week she comes to DMACC for classes. She then returns to Ames and goes to the State Gym to work out. "It is very nice being able to use Iowa States facilities and also go to DMACC where I am in an environment I prefer."

Brenneman enjoys DMACC because the class sizes are smaller and she can have more one-on-one time with her teachers if it is needed.

Students tend to find out about APP through "word-of-mouth," says Merten. This means the students know someone in the program or someone that knows of the program and have heard

positive reviews. Strandell found out about the program through a friend who went to DMACC through the program and is now graduating from Iowa State.

There are requirements to be an APP student. Students must be enrolled in transferable credits at an Iowa community college. Students must have a 2.0 cumulative GPA in all attempted college coursework. Lastly, students must request an official transcript to be sent to Iowa State from each college they have attempted coursework.

Students should visit with an advisor first, and then fill out an application form to apply.

Once accepted to APP, students can live in the university dorms or at any other housing they choose. There are 70 students living in dorm housing this year in APP. Students living in the dorms are then required by the university to have a dining plan. This allows them to go to Conversations Dining, Seasons Marketplace, Storms Dining, or

Union Drive Marketplace to eat. They may also go to the Memorial Union and many other shops around campus that allows them to use their dining dollars or meal plans.

APP students are allowed to be involved in Iowa State clubs and intramurals, but only if they purchase the athletic pass, which is \$130. Purchasing the athletic pass also allows the students to get into either State or Lied gym. To enter the gym students must have an ISUCard, which is given to all APP students. The ISUCard also is how students living in dorms enter the dorms and allows them to travel with CyRide, the bus system that transports students to campus and around Ames.

Students who do not live in the dorms are allowed to have all these advantages too. They may purchase a dining plan if they would like and also the athletic pass to become more involved.

Iowa State University has a very large Greek community. Men in the APP program can be a part

of a few fraternities, but not all. Women that are in the APP program cannot be in a sorority until they have transferred to Iowa State. The reason APP students cannot be apart of the Greek community, other than a few fraternities, is because the houses want their members to be a full time Iowa State student.

How do college students know if APP is right for them?

Merten says, "It is up to the students if they think it is a good idea to do the program or go straight to Iowa State."

Hildreth agrees. She says, "If the student feels comfortable going to the University to begin with, they should. If they are questioning it, then they should do the APP because then they can figure out what the university is like and can start at a smaller school."

APP students can transfer to Iowa State whenever they like because they are a part of the school. "If they think they are ready to go to a University, they may go," officials said.

Sophomore day



Photo by Lester Mwirichia/Banner News

DMACC sophomore softball players were honored on sophomore day for their hard work on and off the field this 2013-14 season. From left: Lysie Sievertsen, Allie Fitzgeralds, Alyson Netty, Deanna Schmidt, Amanda Widener, Kaylee Buch, Riley Fisher. Bottom: Abigail Thomsem, Katlin Briley.

Sports Round Up

Baseball moves to first place in ICCAC

The DMACC baseball team won three of four games against Ellsworth Community College (ECC) April 18 and 19 and moved into first place in the Iowa Community College Athletic Conference (ICCAC).

The Bears dropped the first game on April 18, 5-4, but rebounded with an 8-3 win in the second game. DMACC swept both ends of a doubleheader on April 19, 10-2 and 19-11, to improve to 16-4 in the ICCAC and 28-13 overall. DMACC holds a one-game lead over Southeastern Community College (SECC) in conference play and will host the Blackhawks in a key four-game set April 26 and 27 at the DMACC baseball diamond.

Sophomore Roman Collins of Maple Grove, Minn., had a triple and a single and sophomore Charlie Coghlin of Colorado Springs, Colo., and freshmen Anthony Mroska of Coon Rapids, Minn., and Chris Kelly of Boone drove in one run apiece in DMACC's loss in the opener on April 18. Sophomore Connor Schwienebart of Dallastown, Penn., pitched all eight innings and suffered his fourth loss of the season against three victories. Schwienebart allowed five runs on eight hits, struck out eight and walked three.

Sophomore Cosimo Cannella of Schaumburg, Ill., blasted a three-run homer and Collins and Coghlin drove in two runs apiece to lift DMACC to the win in the second game on April 18. The Bears took a 3-0 lead in the first inning and put the game out of reach with five runs in the top of the seventh. Collins, Mroska and sophomore Shea Molitor of Plymouth, Minn., had two hits apiece for the Bears. Sophomore Ryan Fritze of Woodbury, Minn., went the distance to improve to 6-1 for the season. He allowed three runs on four hits, struck out 10 and walked two.

Cannella and sophomore Patrick Fiala of Sioux Falls, Minn., had three hits and two RBIs apiece to lead DMACC past ECC in the opener on April 19. The Bears trailed 2-1 after two innings, tied the game with a run in the top of the third and then put the game out of reach with two runs in the fourth, two in the fifth and four in the sixth. Fiala and Collins homered for DMACC. Fiala had a solo home run in the third and Collins hit a two-run homer in the fifth inning. Freshman Austin Stroschein of Marion pitched all seven innings and improved to 5-3 with the win. He allowed two runs on five hits, struck out 11 and walked two.

Sophomore Blake Molitor of Plymouth, Minn., had four hits and drove in five runs as DMACC closed out the season with a 19-11 win in the second game on April 19. Coghlin and Collins had three hits and four RBIs apiece and Shea Molitor drove in three runs. Kelly also had three hits for DMACC. Coghlin, Collins and Blake Molitor each homered in the game. Freshman Kyle Duncan of Des Moines pitched the first three and a third innings, allowing nine runs on eight hits. Freshman Chris Myjak of Itasca, Ill., worked the last three and two-thirds innings and improved to 2-0 with the win. He allowed two runs on three hits, struck out seven and walked two.

Softball takes doubleheader from Ellsworth

The DMACC softball team swept both ends of a doubleheader against Ellsworth Community College (ECC) April 21 at the DMACC softball diamond.

The Bears won by scores of 8-0 and 18-1 to improve to 30-10 overall and 16-6 in the Iowa Community College Athletic Conference (ICCAC). DMACC is third in the conference standings behind Kirkwood Community College (KCC) and Iowa Central Community College (ICCC).

Sophomore Riley Fisher of Des Moines tossed a one-hitter and helped her own cause with a two-run home run to lead DMACC in the first game. Sophomore Allie Fitzgerald of Des Moines had a pair of base hits and also drove in two runs for the Bears. Fisher struck out seven and walked one as she improved to 11-5 for the season.

Sophomore Kaylee Buch of Clarinda hit a pair of home runs and drove in six runs as the Bears routed the Panthers in the second game. DMACC opened up a 4-1 lead with three runs in the second and padded its advantage with a five-run outburst in the third. The Bears put the game out of reach with eight runs in the fifth inning.

Freshman Hannah Swafford of Welston, Okla., led DMACC's 15-hit attack with three hits, including a double, and she drove in four runs. Sophomores Aly Netty and DeAnna Schmidt, both of Waterloo, drove in two runs apiece.

Netty pitched all five innings and ran her record to 13-4 with the win. She allowed just two hits and struck out nine.

Moving to the next level



DMACC file photo

Des Moines Area Community College (DMACC) sophomores (from the left), Sarah Frisch of Grundy Center, Sheila Menzes of Guarulos, Brazil, and Barbara Soranzo of Ipe, Brazil, have signed national letters of intent to continue their academic and volleyball careers. Frisch will attend Upper Iowa University in Fayette and Menezes and Soranzo are headed to Western New Mexico University in Silver City, N.M.

Sports Calendar

- Apr 23: Baseball vs. Graceland J.V.~
- Apr 23: Softball vs. Southwestern
- Apr 24: Softball vs. Graceland J.V.
- Apr 25: Women's Golf – Region XI Tournament
- Apr 26: Baseball vs. Southeastern
- Apr 26: Softball vs. Iowa Lakes
- Apr 27: Baseball vs. Southeastern
- Apr 27: Softball vs. NIACC

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Oz’s Music Corner

Fuzzy Logic makes sense as a band to see



Brian Osborn
Contributing Writer

In this edition of the Oz’s music corner, I sat down with Ryan Determan and Bob Parr from a band from right out of Ames called Fuzzy Logic.

The band consists of four members: Ryan Determan on guitar/mandolin and vocals, Bob Parr playing bass and vocals, Tyler Anderson on lead vocals and lead guitar, and Wyatt Davis on drums. They have been together since January of 2012 when they were asked to host an open jam session at DG’s tap house with Parr joining the group later.

On their Facebook, they describe themselves as “a genre-defying act of surreal sounds, epic peaks, and new twists on classic favorites.” In English, Parr described themselves as a psychedelic jam band that is mixture between rock, blue grass, funk, reggae, and others.

This is part of why they called themselves Fuzzy Logic, it’s all over the place. “Our music is very mathematical, like we will get the base chords down and then go back and change up all

the patterns and progressions,” said Parr.

Fuzzy Logic isn’t just your typical run-of-the-mill cover band either. They come out with a lot of their own original material. “We like to keep it pretty mixed up between original stuff and covers. We are always trying come up with new stuff but you have to have those covers to get new people into the band,” said Determan.

Tyler Anderson is the main contributor to writing their music but everyone will pitch in, said Parr. He said whenever they do covers, though, they are always changing the song up to fit their own unique style.

One of the best times the band had was when they were able to open for John Wayne and the Pain at DG’s. “In our practices before the show, you could just feel that we were getting tighter and tighter. So when we finally got to go out and play, we played a real tight show and people were dancing and having a good time. It was a great show,” said Determan.

With every upside, though, there is a downside. Fuzzy Logic’s downside came at a Halloween party they had been invited to play at. Determan described the scene as a disaster.

“We had to do this show in a house basement. The bands before us showed no respect and played way longer than what they were suppose to, everyone was drunk and no one was listening to us play. We ended up playing five songs and just leaving,”



he said. Parr chimed in that “all the bad stuff happened before I joined the band,” he said with a smirk.

Fuzzy Logic has a lot of upcoming plans. Right now they are working on their first record with one song, “She’s a Freak”, already recorded. Determan and Parr both expressed how much the band loves to play outside, so they are aiming to get more into the outdoor music festival scene. On June 28, Fuzzy Logic is going to be apart of an eight-band festival in Boone called Shagg Stock.

Other shows are this Saturday at DG’s with Useful Jenkins; May 9 at DG’s Tap House with Short Notice opening for them; May 31 at the Yacht Club in Iowa City with King of the Tramp; opening for Dead Larry on June 27 at Wooly’s in Des Moines; and the Geneva Lake Jam at Harmony Park in Clarks Grove, Minn.

Check Fuzzy Logic out on Facebook at facebook.com/fuzzy-



Photos courtesy of Fuzzy Logic

Photo, top: Fuzzy Logic band members, from left to right, Bob Parr, Wyatt Davis (drums), Ryan Determan, and Tyler Anderson perform at Shagg Stock in Boone 2013.

Photo, lower: Wyatt Davis (drums), Ryan Determan, and Tyler Anderson with the band Fuzzy Logic perform at DG’s Tap House in Ames.

logicrocks and get to one of their many upcoming shows. Especially you Booners, they played

at the last Shagg Stock and had a blast so check them out. You won’t be disappointed.

Film puts focus on food production

Editor’s note: This film review was written as part of an assignment in a Comp. 2 class.

By Kristen Veencamp
Guest Columnist

When asked where their food comes from, most people might say ‘the store’ or ‘Walmart’, but how does it get there? Most would then say that much of it comes from farms. Unfortunately, most peoples’ definition of a farm (complete with white picket fences, a cow named Bessy, and the family dog) is far from the reality of the food industry. Although these quaint family farms do exist, they are not where the vast majority of America’s food supply is grown. Instead, genetically engineered poultry, livestock, and grains are grown in gigantic “farms” by the millions. The problems created by this type of mass food-production are addressed in the documentary Food, Inc. Written by Eric Schlosser and Michael Pollan, and directed by Robert Kenner, Food, Inc. exposes the stark reality of the food industry of today. From chickens that are too heavy to walk to E. coli breakouts, this documentary shines a light on

the hidden realities about the food that we consume. Food, Inc. displays coherence, an effort towards fairness and credibility, and a multitude of compelling visual images. Because of this, the documentary is successful in lifting the veil on the food production industry and also in convincing us to take action against this growing problem.

Food, Inc. is formatted in an orderly and coherent fashion. The documentary first discusses how the fast food industry has the control over how our food is produced. Today, only a few large companies control the meat industry determining what things are produced and how. The film describes how this also is true for the grain industry because only a few grains are actually used in making the food we eat. The documentary then connects these problems with the unintended consequences. New strains of E.coli are developing and contaminating the meat, leading to dangerous and deadly outbreaks. The film also shows how, because of the few companies that control the food industry, unhealthy food is cheaper than healthy food because it is cheaper to produce. This has led to poorer families

choosing to buy unhealthy food because they can’t afford healthy food. The documentary also shows how Monsanto is cornering the market on soy beans by taking some farmers to court because they want to clean their own beans instead of using Monsanto’s. Connecting it all together, the film then explains what we consumers can do to take action against this flawed system. By providing its many forms of evidence in a way that is coherent and that flows together, the documentary stays connected and is focused

Food Inc’s. effort towards fairness and factuality add credibility to the film. Kenner, Schlosser, and Pollan are all considered credible in the worlds of documentary films and writing. Although the film is obviously biased against the big companies controlling the food industry, it can still be said that the film is fair and credible. In the documentary, it is explained that a number of the larger entities that were scrutinized in the film were contacted for interviews. These requests were declined. Also, by backing up its statements with raw footage and interviews of people directly affected by the

problems in our food system, Food, Inc., gains credibility with the audience by making their view seem more factual.

Food, Inc. provides the audience with many shocking visual images that keep us engaged and appeal to our emotions. At the beginning of the film, we see many shots of grocery store items with pictures of quiet farms and pitchfork wielding farmers on them, only to be followed soon after with video of a large and dirty farm packed with cows, pigs, and chickens to provide a stark contrast. When talking about mass produced chickens, we see images of a farmer collecting dead chickens off of the floor and of baby chicks rolling down conveyer belts in a factory. The documentary also shows footage of pigs being crushed by “kill floors”. But probably the most compelling source of striking visual imagery is of two and a half year old Kevin soon before he died after eating a hamburger infested with E. coli. Visual images like these contribute to the ‘shock factor’ felt by the audience, which often contributes to their response to the call to action.

The documentary Food, Inc. is extremely successful in getting

the audience to think and to also take action to combat the co-operate-controlled food industry. Near the end of the film, the audience is implored to take action. The documentary states that we can “vote to change [the] system three times a day” by what we buy. We are encouraged to buy from companies that are treating their workers and animals well and protecting the environment. Becoming knowledgeable about our food and or buying organic will help us to become healthier and support the entities that are not just out to make a profit. Purchasing locally grown food, planting a garden, and providing support for legislation promoting higher food safety standards are all good ways to do this as well. I personally found the documentary to be very enlightening and captivating. I will admit that I am probably not going to be the person who calls or sends a letter to my congressmen to encourage him to create better food laws, and I will probably not go completely organic for the rest of my life. However, I highly suspect that the next time that I go through the drive thru, I might just think twice before ordering my hamburger.

Women & STEM

Why parents may not always know best

Editor's note: This opinion piece was written as part of an Honors Capstone course.



By JJ Xue Hu
Guest Columnist

My Calculus II class last spring had 14 students -- I was the only female.

And Calculus III last summer? Two women and 18 men.

I can't help but ask myself 'Where are the females?'

A few years ago, when I graduated from high school in China, I had big interests in science and math. I wanted to study science and engineering. My dad didn't think it was a good idea. The reason was direct and simple: "You should leave the hard stuff to the boys." I followed his advice because my dad is a mechanical engineer with over 25 years'

experience. I thought his advice couldn't be wrong. I majored in business in college.

The truth is he was wrong.

I dropped out of college because I found that being a business major, which was supposed to be EASY, was just not my cup of tea. Two years ago, when I started at DMACC, took a few calculus classes and loved them. This time, I made up my mind, I am going to major in math and engineering even though I had been out of school for years and still spoke broken English.

What did my dad say this time? It was slightly different, but more hurtful: "You are too old for that."

The truth is he was wrong again.

I aced all my math and science classes. In fact I have never dropped below a 4.0 grade point average. Fortunately, this time in college I had my husband by my side and the support of my math professors here.

The whole journey was not easy for me, and I know it is not easy for majority of women.

According to research from the American Association of University Women, from the 1970s to the 1990s, the average enrollment of women in bachelor's

Join the club

In spring 2014, a new student-run club was founded at DMACC Boone campus: ASK! (Application of Science, Technology, Engineering and Mathematics Knowledge). The stated goal of the club is to provide a platform that students in all majors, especially those with a strong interest in STEM field, can apply in class knowledge, experience hands on project and promote greater awareness of STEM. In the two months it has been in existence, ASK! has conducted two engineering projects, and it also successfully organized several campus events including Astronaut Clayton Anderson's Presentation, 3D-printer visit. For more info, contact Dr. Nancy Woods, nawoods@dmacc.edu

degree programs in engineering has increased from a little more than 3 percent to approximately 18 percent. However, sadly, from the 1990s to 2010, it didn't grow much and has stayed around 20 percent. Prolific academic research on the topic has led to the emergence of three main factors affecting this number: social influence, personal interest and the workforce environment.

However, among the three themes, the first one essentially is the most important one. For females, "students were found to be influenced mainly by their families and career services at school." When young adults around the

age of 16 or 17 must make a major life decision, they tend to take advice from their parents.

What can be done?

To increase the interests of both families and girls in STEM, it is necessary to create a STEM-friendly environment for them at an early age. The decisions tend to be made way before the girls actually go to college.

Encouraging high school girls to take calculus and high-level science classes is a good start. Studies show that girls who took those classes were more than three times as likely to major in a STEM major in college as girls who didn't. Secondly, expos-

ing successful female role models to girls will help them overcome struggles and stereotypes more easily. There is so much more that can be done, since this issue is affected by multiple factors. But the most important one is to firmly believe that, with hard work, it eventually will get better.

So this time I have a little advice for my dad -- and all those parents who care for their daughters as much as my dad cares for me: Encourage your daughters to do what THEY are really interested in, not what YOU think they should be interested in.

Girls can excel at the "hard stuff."

We can do well in science and engineering classes. But I can't be too hard on my dad because he was my first role model when I was a little girl. I remember dad taking me to his lab and I observed his fun and valuable engineering work. He planted the seed for me, and for that, my dad deserves my appreciation.

JJ Xue Hu moved to the U.S. from China in 2011, and is in the pre-engineering program at the Boone campus. She will transfer to Iowa State University to double-major in aerospace engineering and mathematics.

We hold cure for most common disease in school

Editor's note: This column was written as part of an assignment in a Comp. 2 class.

By Amanda Betz
Guest Columnist

It's 8 a.m. I'm sitting in a large lecture hall surrounded by my peers. We all have pencil in hand and a sheet of paper in front of us. My eyelids are so heavy I can barely keep them open, but I'm very much aware of my need to stay awake. A distant voice says, "You may now begin." Like a rocket set ablaze, my brain kicks into high gear. I jot down the answers to the exam questions, my hand moving as fast as possible trying to keep up with the information spilling from my brain. Over an hour later I emerge from the lecture hall, brain completely void of the information I so tirelessly worked to memorize the night before.

As students, we have become adept at the art of academic bulimia. Academic bulimia is a commonly used form of test taking in which information is memorized, usually the night before a test, and purged on test day. The memorized information is then lost after serving its purpose. More commonly known as cramming or academic procrastination, these terms fail to regard the mental and physical harm academic bulimia can have on our minds and performance.

But can all-nighters and cramming for tests really be called a form of bulimia? Like bulimia nervosa, the physical form of bulimia, academic bulimia can have detrimental effects on the mind and body.

Like physical bulimics, academic bulimics start their habits due to stress, pressure, and anxiety. What starts out as a short cut to a desired result, quickly becomes a necessity of everyday life. The longer the behavior is continued, the more augmented the negative effects become on oneself.

Studies published in The Journal of Cognitive Neuroscience have shown that a lack of sleep can cause exaggerated emotions, lack of recall, and can lead to poor eating habits. Prolonged sleeplessness has even been shown to physically alter the brain, causing permanent brain damage according to researchers studying cramming.

All-nighters can cause a state of short-term euphoria in the brain as well. This dopamine rush can become quite addictive, drawing its seeker back again and again for another rush.

As a former cramming addict, I found a pleasurable pressure to finish a long list of tasks in a short amount of time. Physically, we feel the effects of a sleepless night spent studying, and we become blank-faced zombies trudging around campus after purging our information the next morning.

If practicing academic bulimia can have all of these adverse effects on our mind, body, and grades, why do we choose to perpetrate this ritual of bingeing and purging academics?

In today's educational system, the test score has become the ultimate grade determinant for many classes. We have placed a high value on the amount of information one is able to memo-

rise and purge onto a sheet. The necessity of true learning and long-term information retention has been forgotten. Those with bulimia nervosa feel the need to meet the pressures of society to look a certain way, as academic bulimics feel the pressure to perform academically. When an academic bulimic studies late into the night, it is a form of controlling their situation. Bulimics use purging to help them feel in control of their disease.

As a society, we fail to notice the importance of treating academic bulimia. Bulimia nervosa is commonly regarded in society as a harmful and deadly disease. While academic bulimia won't kill you, the side effects can take a negative toll on physical and mental health. As students, we continue to adopt this technique, thinking we are helping ourselves, controlling our grades, pushing ourselves to do more, and sleeping less. We tell ourselves one more hour; one more test.

As a former academic bulimic myself, I can attest to the frenzy, the physical need to push myself to a limit, just to see how much I could memorize for the next day. Once having purged myself, the physical and mental exhaustion is unparalleled. My grades failed to meet my expectations every time, but still I continued to push myself to the point of exhaustion. I made a conscious decision to change my habits, and I have seen my grades rise. I have lost weight, and have been much happier with my life since I stopped bingeing and purging my test information.

For some, academic bulimia may work to get them through their tests, but are the cost-benefits worth it? Is it worth being exhausted for days on end? If we go to school to better ourselves and increase our knowledge, are we really doing ourselves a favor when we partake in academic bulimia? What we don't realize is that we are letting colleges get away with teaching us nothing. Thousands of dollars a year are paid for an education and the information students are paying to learn is getting instantly forgotten thanks to academic bulimia. When we can't recall the information we so diligently spent hours memorizing less than an hour after spilling it onto a piece of paper, we are not bettering ourselves. We have pseudo-increased our knowledge base for a short amount of time, only to have it ripped from us by our own choices.

We allow academic bulimia to continue in academics because it has become commonplace. It gives teachers and students what they want and need in their jobs. It serves a purpose to an end. Teachers need high test scores to meet the standards required by their jobs, and students need the high test scores to be able to meet society's expectations of what academic success is. Bulimia nervosa is a commonly condemned practice, its negative effects widely accepted. Those who want to get away from the lifestyle are met with a brick wall or are even castigated when asking for help.

Help to beat bulimia nervosa is readily available. All one needs to do is to walk into a hospital

and ask for it. When I walked into my advisors office and asked for help to stop my late-night cramming ways, I was met with a small huff and the statement, "You know people do this all of the time. There's nothing wrong with this." This kind of attitude is what allows the behavior to be generally accepted. Cramming has become something students "just do" to make it through classes. The danger that academic bulimia carries that bulimia nervosa does not is that it sends people into society with the mindset that it is OK to carry on this behavior into their careers, and we carry on the charade that this form of studying is acceptable for our children.

Cramming, academic procrastination, and academic bulimia may not seem like they have negative effects. They may be normal and accepted within the field of academics, but, like bulimia nervosa, they do not deliver their promises to the user. Grades are not always helped, tests are not always passed, detrimental physical and mental effects accompany them, and they can cause more anxiety and stress for the student.

Academic bulimia will never go away. It is a personal choice, and sometimes it can be a necessary choice to meet the high demands of our academic responsibilities. It is a method that we will continue to practice in our academic communities for years to come. I only ask that the next time you leave a test you spent all night cramming for, you ask yourself, "Was it worth it?"

Los Angeles Times Daily Crossword Puzzle
Edited by Rich Norris and Joyce Lewis

ACROSS

1 Campus drilling gp.

5 Repairs, as a lawn's bare spot

9 On the higher side

14 Fictional lab assistant

15 Be certain

16 Garbo of the silver screen

17 Man-made organic pump

20 Take care of

21 Start of Caesar's incredulous question

22 GI rations

23 1040 publisher: Abbr.

25 Prefix meaning "high"

27 Dish not made from the reptile it's named for

34 Kissing pair

35 Out ___ limb

36 Get a feeling about

37 Feed bag morsel

38 Like a soloist on a dark stage

41 Fill up on

42 Barn-raising sect

44 Electrified particle

45 Falls behind

46 Pseudonym

50 "The Lord of the Rings," e.g.

51 Encouragement "on the back"

52 Bog fuel

55 Capone nemesis

Eliot

58 Triangular Greek letter

62 Finger-pointing perjury

65 Sing like Bing

66 50+ org.

67 Company with bell ringers

68 Shell out

69 Zebras, to lions

70 Actor Hackman

DOWN

1 Narrow inlets

2 Folklore monster

3 Carryall with handles

4 They give films stars

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By David W. Cromer

4/21/14

Saturday's Puzzle Solved

D	Q	B	L	I	Z	Z	A	R	D		M	I	C
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A	C	M	E		T	R	A	S	H	T	A	L	K
D	O	O	M		R	A	S	P		I	S	E	E
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S	E	S	E		U	L	T	R	A	S	O	U	N
S	R	S			P	L	E	A	S	E	R	I	S

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4/21/14

5 Slalom item

6 It may be enough

7 "Just ___": Nike slogan

8 Try to whack, as a fly

9 "Gross!"

10 Logical proposition

11 Apple relative

12 To be, to Brigitte

13 "Peanuts" phooey

18 Tuning ___

19 Break in the action

24 Break in the action

26 Word with tube or pattern

27 Florida metropolis

28 Vision-related

29 Game with Skip cards

30 Mathematical comparison

31 Wee hr.

32 Grammarian's concern

33 Lizards and snakes, for some

34 Do nothing

38 Use FedEx

39 Comical Costello

40 Clouseau's rank: Abbr.

43 Cowboy's hat

45 Reason for an ump's safe call

47 Emmy winner Fey

48 Arctic expanse

49 It means nothing to Juan

52 Inferiors of cpls.

53 Tombstone lawman

54 Burn-soothing substance

56 Mark from a surgical procedure

57 Having no doubt

59 Occurring as you watch it

60 Huckleberry Hound, for one

61 Songstress Murray

63 Conclusion

64 Plant gathering information



Photos by Marvel/MCT
The helicarrier, as seen in "Captain America: The Winter Soldier." And Chris Evans as Captain America.

Review: 'Captain America'

This review appeared in the Iowa State Daily on April 7. It is reprinted in the Banner News with permission.

By Nick Hamden
Guest Movie Critic

[Author's note: This is my final review for the Iowa State Daily. After almost two years, I have over 100 reviews for the paper. I am stopping so I can focus on graduation and my new job. But, if you really want more reviews, you can check out my website Gorgon Reviews, which I update five times a week with new reviews!]

Ah, "Captain America: The Winter Soldier". I will be honest. I was not really looking forward to this movie when it was first announced.

I like the Captain, sure, but the next two big superhero movies are "Guardians of the Galaxy" and "Avengers: Age of Ultron" while this one was just giving me more of an already established character. Still, I was excited enough about it to make a fake review for April Fools Day.

Being a comic book fan is sort of a double-edged sword with these type of movies. On one side, it is great experiencing the comics come to life with large enough budgets to make every fanboy cry out in glee. But on the other side, we know the stories they are inspired by, so most likely the bigger plot twists and turns will not be surprises to us.

Unless of course they create new unexpected ones like in "Iron Man 3," but that is a different story.

"The Winter Soldier" begins by showing us what life is like

for the one and only Steve Rogers, Chris Evans, a national hero and now high up in S.H.I.E.L.D. He is doing missions around the world! But S.H.I.E.L.D. and Nick Fury, Samuel L. Jackson, have their secrets and Steve does not really like secrets.

So when things start to get a little bit feisty at the headquarters in D.C., Steve is not sure who he can trust. Can he trust the Black Widow, Scarlett Johansson, who is known for her half-truths and deception? Can he trust Alexander Pierce, Robert Redford, head of the World Security Council? How 'bout Maria Hill, Cobie Smulders?

Yeah, he is kind of in a sticky situation. The spy game sure has ramped up its deception since the 1940s, so if he is going to protect the world from a hidden threat, he will need all the help he can get. This movie introduces a few future characters as well, like the titular villain The Winter Soldier, Sebastian Stan, Sam "The Falcon" Wilson, Anthony Mackie, Brock Rumlow, Frank Grillo, and Agent 13, Emily VanCamp.

Being the fanboy that I am, I have been trying to be more critical of Marvel movies lately. Just because I squeal in delight over almost every one does not mean they are perfect. They do not all deserve perfect marks.

"Captain America: The Winter Soldier" deserves perfect marks.

Everything about this movie is so spot on spectacular that I have a hard time believing it is even real. "Captain America: The First Avenger" was a good movie in its own right, but one I have never really been in the mood

to watch again. I can see myself watching "The Winter Soldier" many times once it releases, maybe more than I saw the first "Iron Man." It literally might be my new favorite Marvel movie.

It is hard to find something that is negative about the movie. The run-time is over two hours but never drags. There is maybe only one scene I thought was a bit pointless, but it does not affect the overall movie. There is a lot of action and all of it is well put together, from the choreography to sound editing. The movie itself is a lot more serious than other Marvel films but it still has the nice jokes and references throughout it to keep you happy.

Did I know the big reveal? Yeah. But knowing it did not take away from my experience at all in the movie. This excites me because it means I will likely enjoy future viewings.

My last point I guess would be about acting. Evans gave a strong performance as the lead, but the side characters as well were all quite good. Mackie didn't have too big of a role but he kicked its butt and I actually enjoyed the Falcon. Redford was great, Jackson was great. Everyone was great.

To me, this movie is like an Avengers 1.5. I do not expect "Guardians of the Galaxy" to have too much impact on the current Marvel universe, so this is the perfect lead up to next May. This movie has made me beyond excited for the Marvel future and for the third Captain America in 2016. Although, knowing the comic plots, I kind of already know what is likely to happen.

5/5

Your horoscope for this week



Taurus (April 20-May 20) -- Today is a 5 -- Keep communications grounded in facts this month, with Mercury in Taurus. Postpone travel, risk and expense... it could get explosive. Take it slow to avoid waste and accidents. Complete old projects, and stay flexible with changes. Support your networks; it comes back to you.

Gemini (May 21-June 20) -- Today is a 5 -- Keep your communications stable, consistent and solid. Provide support. Grab a good deal quickly. Stay out of arguments, controversy and upset. Recite a prayer or mantra to cool a tense moment. Avoid risky business or expensive propositions. Quiet study time soothes.

Cancer (June 21-July 22) -- Today is a 5 -- Community and group efforts thrive by weaving together resources, talents and support structures over the next month, with Mercury in Taurus. Avoid distractions and upset today... tempers could flare. Keep to facts. Work on existing projects, launch new ones later. Slow and steady.

Leo (July 23-Aug. 22) -- Today is a 5 -- Your communications skill advances your career, with Mercury in Taurus. Avoid debate, risk or spending, and maintain momentum to complete a project. Plans change. Stand firmly for your commitments, with flexible scheduling. Think fast with surprises, but keep actions measured.

Virgo (Aug. 23-Sept. 22) -- Today is a 5 -- Gardening and outdoor activities satisfy this month, with Mercury in Taurus. Fall in love with a fascinating subject. Negotiate turns and maneuvers carefully. The way forward may seem blocked, and short-cuts dangerous. Take it slow, flexible and gentle. Provide peace and calm.

Libra (Sept. 23-Oct. 22) -- Today is a 5 -- Base financial decisions on fact rather than fantasy this month. Update plans and budgets with conservative figures. A conflict with regulations or authority could arise, impeding the action. Others may lose their cool... keep yours. Favor private over public. Let love guide your actions.

Scorpio (Oct. 23-Nov. 21) -- Today is a 5 -- Someone has a hair-trigger temper... avoid setting them off. Private actions go farther, with less friction. Dance with changes as they arise. Mull over consequences first. Reassure one who needs support. Stick close to home and clean up. Play peaceful music and serve tea.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 5 -- Breakdowns and obstacles slow things. Get multiple bids for repairs. Take extra care with kitchen utensils. With Mercury in Taurus, edit your communications for solid impact. Plan, prepare and research before presenting. Private actions close to home on projects get farther.

Capricorn (Dec. 22-Jan. 19) -- Today is a 5 -- It's easier to express your love for a month with Mercury in Taurus. Plant seeds hidden in messages. Proceed with caution today, despite chaos. Old beliefs get challenged, obstacles arise and thwarted intentions distract. Avoid upset by working quietly. Don't get singed in all the fires.

Aquarius (Jan. 20-Feb. 18) -- Today is a 5 -- With Mercury in Taurus for a month, have your home express what you love. Resist the temptation to over-spend. Reschedule travel and new project launches. Work quietly to complete a job, to minimize conflict. Rest and recharge, while assimilating new changes. Take it easy.

Pisces (Feb. 19-March 20) -- Today is a 5 -- Consider the impact of your words before speaking, with Mercury in Taurus for a month. Ground arguments in fact. Avoid conflict today by keeping a low profile. Slow the pace, and anticipate resistance. Use discretion. Stay off the roads. Use extra care with tools.

Aries (March 21-April 19) -- Today is a 5 -- It's all about action today (with a Grand Cross in cardinal signs), but the one who initiates loses. Test before pushing ahead. It could get tense. Watch your step! Mercury enters Taurus, beginning a phase of pruning, trimming and adjusting. Clear out old branches for new growth.

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